

Baked Fish

Restaurants are more likely to batter and fry fish than to bake it. Which can leave the fish tasting like greasy fried bread. Baked fish tastes like fish taste. In fact, there is no need to put any kind of grain on baked fish. It is commonly baked with butter, herbs, and lemon juice. And it is more of a summer by the stream meal. A light weight, filling, and easy to prepare dish without little cleanup needed. Light vegetables usually go with fish. Freezing before or after cooking is also an option, and an easy way to prepare a meal for later with fresh summer caught fish.

Pre Cook Preparation:

Marinate: In lemon juice for 3 to 5 minutes

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Fish

Lemon Juice

Mushrooms

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Fish

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 1.5 quart oven safe oblong with lid

Ingredients:**Meat:**

Catfish, or
Tilapia

Vegetables:

15 ounces of carrots
15 ounces of peas
15 ounces of potatoes (mashed)

Other ingredients:

1 tablespoon of butter
1/4 cup of lemon juice
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place pieces of fish in the 1.5 quart oblong oven safe pan.
2. Add enough water to cover the bottom fully.
3. Add a dash of salt (and optional additional spice) across the pan.
4. Add a 1/4 teaspoon of butter to each piece.
5. Sprinkle a little lemon juice across the fish.
6. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 20 to 30 minutes

Servings: Varies

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 10 minutes.**

Add your oven time here: _____.